THE TONIC THAT GIVES STRENGTH

Now is the Time to Invigorate Your System and Throw Off Winter's Ills.

An unusually trying winter is almost over, but the spring will find many whose strength has been sapped and systems undermined by winter colds, influenza, pneumonia or close confinement indoors. Recovery from this condition is often slow, but it can be hastened by the use of a true tonic medicine. Strength and energy can be restored, the stomach toned up, headaches banished and nervousness overcome through a fair use of Dr. Williams' Pink Pills. These pills have a direct action on the blood, enriching and purifying it, thus bringing new strength to every organ and nerve in the body. In this way this medicine has brought new health to thousands of weak and despondent people. Among those who owe their present health to Dr. Williams' Pink Pills is Mrs. Clarence E. Misner, Chipman's Brook, N.S., who says:—"I had a very severe attack of influenza, but after the characteristic symptom of that trouble had passed, I was left in a very weak and depressed condition. I could not keep on my feet for half an hour at a time, and words can scarcely tell how badly I did feel. I had been taking the medicine my doctor gave me, but it was not helping me, and as I had used Dr. Williams' Pink Pills on a former occasion with great benefit I decided to try them again. I got half a dozen boxes, and soon after beginning their use I could feel my strength returning. By the time I had used up my supply of pills, my old-time strength had come back, I could do my housework and keep on my feet all day without feeling used up as formerly. I feel that these pills have been worth their weight in gold to me, and I strongly recommend them to other weak, run down people."

You can get these pills through any dealer in medicine or by mail, postpaid, at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Failure may be quite as important as success in character-making.

Minard's Liniment used by Physicians.

There is one attempt in which failure is unforgivable—the attempt to be funny.

Compelled Belief.

"So beautiful and charming a girl as you should believe I am telling the truth!"

"I believe every word."

April Promise.

April, you've a comely name,
What may be its root?
Latin smooth as cherry bark
Must have borne such fruit.

Who'd have thought "aperio"
Gave the sweet degree?
Open windows, open brooks,
Are its prophecy.

Open eyes to loveliness
Of the bridal spring,
In a midst of emerald
Shyly burgeoning.

Open souls to greet the gifts
Of a heavenly hand,
Pouring glories without stint
O'er a radiant land.

Open bird throats, rending buds,
Add their jocund share;
With such lures the open sloughs
We can surely dare;

Unafraid of sucking bogs
In the woodland lanes,
Tramp we home with mired feet,
Proud of our campaigns.

"April, April," how it lilts
With the bubbling stream!
"April, April," thrushes call
Through the shower and gleam.

Winter, then, our open hearts
Shall no more annoy;
They shall greet the April dawn
With an answering joy.

—Eliot White.

Fiction as she is wrote—"She gave him a black look and he turned white."

Your Job Is Your Key.

"I will never get ahead here. There is nobody here that cares a continental whether I get on or not. It doesn't make any difference how hard I work or how I do my work, nobody pays any attention."

Now, I often hear remarks like that. Employees say, "What's the use? I don't propose to wear my life out for nothing. I am just going to do enough to draw my salary. I will look for something better."

My friend, do you realize that that something better waiting for you depends on how well you can do your work where you are right now? Your present job is the key that will open the door to the place above you, and the door is not likely to open until you open it. Success doors don't open themselves. They don't open very easily.—O. S. Marden.

SPRING WEATHER HARD ON BABY

The Canadian Spring weather—one day mild and bright; the next raw and blustery, is extremely hard on the baby. Conditions are such that the mother cannot take the little one out for the fresh air so much to be desired. He is confined to the house, which is often over-heated and badly ventilated. He catches cold; his little stomach and bowels become disordered, and the mother soon has a sick baby to look after. To prevent this an occasional dose of Baby's Own Tablets should be given. They regulate the stomach and bowels, thus preventing or relieving colds, simple fevers, colic or any other of the many minor ills of childhood. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Owing to lack of fuel and capital, 20,000 miles of railway under the Russian Soviet has been closed.

MONEY ORDERS.

It is always safe to send a Dominion Express Money Order. Five Dollars costs three cents.

The highest trees have the most pointed leaves.

Minard's Liniment for sale everywhere

Forest Fires.

The season of forest fire danger is approaching and the forest services, federal and provincial, and forest protective associations, are making preparations to combat this great destroyer of forest wealth. Everything that modern science has devised will be used in the campaign—patrols, lookout stations, telephones, telegraphs and heliographs, portable pumps, gasoline trucks, power boats, railway speeders, and aeroplanes. These are all valuable aids, but the great engine for fighting forest fires is public opinion.

Nearly all forest fires are caused by human carelessness, therefore when public opinion sets itself solidly against this carelessness, and holds it to be a crime against the nation, a large part of the cause of fires will disappear. Patriotic citizens can do a great service for Canada by being scrupulously careful with their own use of fire when in the woods and by helping to build up, whether they live in the city or the country, a body of public opinion about fires which will deter the careless and strengthen the hands of those who protect the forests.

In proportion to its size a fly walks thirty-five times as fast as a human being.

The Arctic Ocean is said to be getting warmer, with the result that icebergs are getting scarcer and herrings are being found in the old seal-fishing grounds.

Surnames and Their Origin

DENTON

Variation—Dinton.
Racial Origin—English.
Source—A place name.

You might suspect from the ending of this family name that it had been originally the name of a place, used first to indicate the place of residence of some early bearer.

And so it was. "In" is a better word, for the town from which this name came in the vast majority of instances, so far as the available records indicate, is still in existence. Denton is the name of a place in the county of Buckingham, England.

The manner by which the community got its name, is a simple one. "Den," in the speech of the Anglo-Saxon, had a slightly different meaning from that which now is commonly ascribed to it. In the days before the coming of the Normans it indicated a depressed section of ground or valley. Naturally, such places were likely to be wooded and to become the refuge of animals; hence the modern frequent figurative meaning of the word. Denton simply meant the "town in the valley."

FARNHAM

Variations—Farnum, Farnam.
Racial Origin—English.

Here is another family name which is simply the development of a surname indicating originally that the person bearing it had come from the place referred to.

The place name, like the surname, is spelled Farnham, and it is located in Surrey, England.

The name rather clearly reveals the method by which it originated, and the fact that it is a combination of purely Anglo-Saxon words. The latter fact indicates, aside from historical record, that it was an established community before the coming to England of William the Conqueror and his Norman hosts.

"Fearn" in the speech of the Anglo-Saxons means "fern," being in fact the parent word of our modern English word "ham," as has been explained in other articles of this series, is an element frequently found in English place names, indicating a village, a word which is obsolete in the language to-day except in the form of one of its diminutives, "hamlet." Farnham, therefore, bears literally the poetic name of "the village of ferns.'

HAPPY MOTHER PRAISES TANLAC

Mrs. Cooper Declares It Restored Health of Delicate Daughter—Gained 11 Pounds.

"Six months ago Tanlac brought robust health to my daughter Stella, who is seventeen, and I wish I could tell every mother what a wonderful treatment it is," declared Mrs. Lillian Cooper, 24 Saulter St., Toronto, Ont.

"Two years ago Stella began losing ground. Her cheeks faded, she was dreadfully run-down, and so thin she was just a frame. Her nerves were so excited I feared I would have to take her out of school, for while doing her lessons she could hardly keep still and at times couldn't write at all. Her appetite was so poor she scarcely ate enough to sustain life, and her sleep was so restless she was always tired and worn out.

"I bless the day I bought the first bottle of Tanlac. My daughter has gained eleven pounds, eats heartily, sleeps soundly, and her studies are like play. The Tanlac treatment is grand, and I believe it should be in every home."

Tanlac is for sale by all good druggists. Over 35 million bottles sold.

How to Purify the Blood

"Fifteen to thirty drops of Extract of Root, commonly called Mother Seigel's Curative Syrup, may be taken in water with meals and at bedtime, for indigestion, constipation and bad blood. Persistence in this treatment will give permanent relief in nearly every case." Get the genuine at druggists, 50c. and $1.00 bottles. 4

MOTHER! MOVE CHILD'S BOWELS

"California Fig Syrup" is Child's Best Laxative

Hurry Mother! A teaspoonful of "California Fig Syrup" now will thoroughly clean the little bowels and in a few hours you have a well, playful child again. Even if cross, feverish, bilious, constipated or full of cold, children love its "fruity" taste, and mothers can rest easy because it never fails to work all the souring food and nasty bile right out of the stomach and bowels without griping or upsetting the child.

Tell your druggist you want only the genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother, you must say "California." Refuse any imitation.

Why Are Negroes Black?

There have been many theories as to why there should be black, white, yellow, and red people in the world. It has even been asserted that Adam was black.

The latest theory regarding the color of the skin is that it turns entirely upon the question of salt. The writer of an ingenious book brings together a mass of evidence to show that the darker the race the more it lacks salt as an item of diet.

It seems that in some parts of Africa salt is such a luxury that the Negroes suck rock salt as we would confectionery. They describe a rich man as one who eats salt with his meals.

The author of the salt theory states that each Briton eats about sixteen pounds of salt every year. In India, however, salt is taxed, and the average consumption per head may not be more than three or four pounds. As everybody knows, the natives of India, although they would resent being called "black men," are certainly not white.

It is remarkable how wide is the difference in complexion, say, between the natives of Samoa and those of New Britain. Anthropologists would say they were of different races, and probably they are, but it seems that "access to salt" is the cause of the difference between the blacks and the light browns!

So scarce is salt in Tahiti that Captain Cook, the great navigator, described how salt water was a royal drink, taken with great solemnity, a sip at a time, on ceremonial occasions. The writer finds, however, that people who live near the sea in that part of the world tend to grow lighter in complexion.

ISSUE No. 13—'23.

"Cascarets" 10c

For Sluggish Liver or Constipated Bowels

Clean your bowels! Feel fine!

When you feel sick, dizzy, upset, when your head is dull or aching, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No griping—nicest laxative-cathartic on earth for grown-ups and children. 10c a box. Taste like candy.

The capital of the Bank of England is $72,500,000.

Refreshes Weary Eyes

When Your Eyes feel Dull and Heavy, use Murine. It Instantly Relieves that Tired Feeling—Makes them Clear, Bright and Sparkling. Harmless. Sold and Recommended by All Druggists.

MURINE FOR YOUR EYES

Heal Skin Troubles With Cuticura

If you are troubled with pimples, blackheads, redness, roughness, itching and burning, which disfigure your complexion and skin, Cuticura Soap and Ointment will do much to help you. Always include the Cuticura Talcum in your toilet preparations.

Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.

For Rheumatism —Quick relief!

The quickness, the sureness with which Sloan's brings relief has made it the standard remedy for rheumatic pain.

Apply Sloan's to that sore, stiff joint or aching muscle. The pain that has seemed so unbearable disappears with amazing rapidity. Sloan's breaks up the inflammation behind most rheumatic pain. It goes to the source of the trouble. It scatters the congestion that causes the pain.

Made in Canada

Sloan's Liniment—kills pain!

For rheumatism, bruises, strains, chest colds

Classified Advertisements

PURE WOOL BATTS, BEAUTIFULLY carded and fluffy. Entirely free from oil or grease. Large sample, enough for comforter, one dollar. Woollen Mills, Georgetown, Ontario.

MAKE TEN TO THIRTY DOLLARS daily repairing Tires. Time learning helps pay for machine. Write Anderson Vulcanizing Co., 567 King West, Toronto.

HUBAM CLOVER.

HUBAM CLOVER. THE GREAT annual. Write for interesting information. D. Fraser, R.R. 2, Ilderton, Ontario.

America's Pioneer Dog Remedies

Book on **DOG DISEASES** and How to Feed Mailed Free to any Address by the Author. H. Clay Glover Co., Inc. 129 West 24th Street New York, U.S.A.

Croup?

Bind the neck with flannel, saturated with hot Minard's Liniment. It penetrates, it soothes, it relaxes the muscles, clears the passages, brings back easy breathing.

Minard's Liniment

The Family Medicine Chest

INDIGESTION, GAS, UPSET STOMACH

Instantly! "Pape's Diapepsin" Corrects Stomach so Meals Digest

The moment you eat a tablet of "Pape's Diapepsin" your indigestion is gone. No more distress from a sour, acid, upset stomach. No flatulence, heartburn, palpitation, or misery-making gases. Correct your digestion for a few cents. Each package guaranteed by druggist to overcome stomach trouble.

TO EXPECTANT MOTHERS

A Letter from Mrs. Smith Tells How Lydia E. Pinkham's Vegetable Compound Helped Her

Trenton, Ont.—"I am writing to you in regard to Lydia E. Pinkham's Vegetable Compound. I would not be without it. I have taken it before each of my children was born and afterwards, and find it a great help. Before my first baby was born I had shortness of breath and ringing in my ears. I felt as if I would never pull through. One day a friend of my husband told him what the Vegetable Compound had done for his wife and advised him to take a bottle home for me. After the fourth bottle I was a different woman. I have four children now, and I always find the Vegetable Compound a great help as it seems to make confinement easier. I recommend it to my friends."—MRS. FRED H. SMITH, John St., Trenton, Ont.

Lydia E. Pinkham's Vegetable Compound is an excellent medicine for expectant mothers, and should be taken during the entire period. It has a general effect to strengthen and tone up the entire system, so that it may work in every respect effectually as nature intended. Thousands of women testify to this fact. 6

It's a main highway

The way to satisfaction, comfort and health through Instant Postum, has become a world-wide way.

This famous table beverage which has stood the test of twenty five years, fills every requirement of taste for a hot and invigorating mealtime drink. Unlike tea or coffee, Instant Postum contains nothing that can irritate nerves or disturb digestion. Even the children may safely enjoy it.

Wouldn't it be well for you to avoid the harm which so many have found in tea and coffee? You can protect health while pleasing taste, with wholesome, satisfying Instant Postum.

At your Grocer's in sealed, air-tight tins

Instant Postum FOR HEALTH

A generous sample tin of Instant Postum sent, post-paid, for 4c in stamps. Write:

"There's a Reason"

Canadian Postum Cereal Co., Limited, 45 Front St., E., Toronto. *Factory:* Windsor, Ontario

ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all

Genuine

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."